

**MAYO CLINIC: GUIDE TO LIVING WITH A SPINAL CORD INJURY [MOVING AHEAD WITH YOUR LIFE]****Published by Demos Medical Publishing****New York, New York, ©2009****(Paperback, 239 pp; \$17.95; ISBN-13: 978-1-932603-77-4, ISBN-10: 1-932603-77-8)**

Mayo Clinic: Guide to Living With a Spinal Cord Injury conveys knowledge in an organized, easy to read guidebook so individuals, families and significant others can be prepared for “moving ahead with your life.” From an unforeseen injury to a personal accomplishment in living the life you have, the Mayo Clinic offers an excellent resource for travelling this journey to one’s full potential.

Shortly after injury, individuals and their families can see the obstacles that lie ahead. There is a clear need to understand the array of challenges, needs, and ways to best advocate for oneself. Here, knowledge, motivation, openness to receive and utilize required help becomes paramount for successful living. The strong professional reputation of the Mayo Clinic supports justification for their recommendations. Most importantly, their incorporation of interdisciplinary staff expertise (for example, educators, nurses, physicians, psychologists, rehabilitation therapists, and social workers) and feedback from patients over time have enriched the value of the content for the reader.

This guide is clearly written with illustrations that address spinal cord injury and how it relates to other health systems such as respiratory, bowel and bladder,

temperature control, genital hygiene, muscle and bone function, digestive and cardiac function. Guide topics include emotional adjustment, stress and coping skills, sexual health, skin care and potential wound issues, nutritional health, traveling and environmental modifications. Additional critical topics on managing one’s independence include establishing a proper relationship with a personal care assistant, travel information for land, air or sea and lodging recommendations, managing equipment such as wheelchair cushions, assistive technology devices, and regaining meaningful activity in life after discharge from acute hospital and rehabilitation healthcare. Although a basic glossary is included in the book, a bibliography is not, so the reader will need to search elsewhere for relevant published materials, such as the reading list at www.ascipro.org. Throughout the book are valuable suggestions, information on resources to optimize living of ability with the challenge of disability, and a helpful needs assessment worksheet for personal care assistance.

Of the many available books and materials to professionals who care for people with spinal cord injury, this book should be considered as a resource for patients and their caregivers.

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